

MACROBIOTIC DIET MEAL PLAN

DAY 1

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams whole grain rice 1 tbsp. honey 1 tbs. walnuts, chopped	-cook rice until it is completely soft, to get rice porridge -add tbsp. od honey and sprinkle with chopped walnuts	Calories: 444 Protein: 8 Carbs: 90 Fats: 5 Sodium: 1 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams carrot, sliced 50 grams parsnip, sliced 150 grams butternut squash, sliced 100 grams broccoli, chopped 1 cup azuki beans, cooked salt	-heat oven to 300 degrees F -add layers of vegetables in a medium pan, season with salt, then cover the pan and let it cook in the oven (don't bake it)	Calories: 462 Protein: 22 Carbs: 98 Fats: 1 Sodium: 1007 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams chickpeas 1 strip kombu seaweed Parsley leaves ½ tsp. sesame oil salt	-soak chickpeas for 24 hours then cook it together with seaweed until it is soft -pour off the excess water, add chopped parsley leaves and season with sesame oil and salt	Calories: 408 Protein: 65 Carbs: 20 Fats: 8 Sodium: 634 mg

NUTRITION BREAKDOWN

Calories: 1314

Protein: 50

Carbs: 253

Fats: 14

Sodium: 1642 mg

freemealplandownload.com

DAY 2

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams whole grain buckwheat flour 160 ml almond milk or water ½ tablespoon ground flax seed+1 ½ tablespoons water, mixed 1 teaspoon baking powder sweetener of your choice pinch of salt 2 tablespoons maple syrup 1 tablespoon pecans or walnuts, chopped cooking spray	-combine ground flax seed and water and set aside for 5 minutes. -Whisk together flour, baking powder, pinch of salt -add flax seed mix, almond milk, and sweetener -Whisk until you get smooth batter -let it rest for 15 minutes -spray non – stick skillet with cooking spray and heat over medium heat -fry pancakes for 2 minutes every side -serve with chopped nuts and maple syrup	Calories: 546 Protein: 16 g Carbs: 93 g Fats: 16 g Sodium: 186 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 strip kombu seaweed ½ onion 100 grams barley 50 grams celery root, diced 50 grams leek, sliced salt	-cook barley together with seaweed -when barley is cooked, add additional water if needed to get stew, add chopped onion, celery root, leek and salt and let it simmer for additional 20 minutes	Calories: 453 Protein: 14 Carbs: 98 Fats: 2 Sodium: 804 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 grams polenta 1 tsp. olive oil Salt 1 cup broccoli, chopped 1 cup carrot, sliced 1 cup kale, shredded	<p><i>-cook polenta according to the package instruction, season with salt</i></p> <p><i>-pour it in the mold and let it cool down for 30 minutes</i></p> <p><i>-cut polenta in 4 pieces</i></p> <p><i>-heat oil in the skillet over the medium heat and fry polenta for a minute on each side</i></p> <p><i>-meanwhile, prepare steamed vegetables and serve them next to the polenta</i></p>	Calories: 329 Protein: 11 Carbs: 61 Fats: 7 Sodium: 1143 mg

NUTRITION BREAKDOWN
Calories: 1328 Protein: 41 Carbs: 252 Fats: 25 Sodium: 2133 mg

freemealplan.com

DAY 3

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
1 cup cooked whole grain rice 1 cup kale, chopped ½ cup leek, sliced 1 cup broccoli, chopped 1 tsp. tamari salt	<i>-cook vegetables, then stir rice to get warm porridge -add tamari and salt</i>	Calories: 315 Protein: 13 Carbs: 65 Fats: 3 Sodium: 560 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
2 cups beans, cooked 1 cup pickled turnip Salt 1 tsp. olive oil parsley leaved	<i>-heat oil over the medium heat -add pickled turnip and heat it, then add beans -season with chopped parsley and add salt if necessary (pickled vegetables are already salty)</i>	Calories: 516 Protein: 31 Carbs: 87 Fats: 7 Sodium: 831 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
200 grams cauliflower, chopped ½ onion 1 clove garlic, minced salt and pepper 1 ½ cup cooked barley	<i>-cook cauliflower florets in 300 ml water, together with minced garlic and chopped onion -season with salt and pepper then blend soup -add cooked barley and serve</i>	Calories: 360 Protein: 10 Carbs: 81 Fats: 2 Sodium: 1061mg

NUTRITION BREAKDOWN
Calories: 1191 Protein: 54 Carbs: 233 Fats: 12 Sodium: 2460 mg

DAY 4

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams firm tofu ½ cup mushrooms, slices ¼ red bell pepper ½ medium onion salt and pepper ½ tbsp. oil	<i>-heat oil in a skillet, add onion, mushrooms and bell peppers and sauté for one minute</i> <i>-add tofu and break it in chunks</i> <i>-season with salt and paper</i>	Calories: 135 Protein: 13 g Carbs: 25 g Fats: 4 g Sodium: 504 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams whole grain rice 50 grams onion 100 grams carrot parsley leaves ½ tsp. sesame oil salt	<i>-cook rice in a medium pan adding just enough water to cover rice</i> <i>-add shredded carrot, chopped onion (you can use green onion stalks)</i> <i>-season with salt and sesame oil</i> <i>-garnish with parsley</i>	Calories: 435 Protein: 9 Carbs: 88 Fats: 4 Sodium: 1080 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams millet 1 tsp. turmeric powder salt 1 cup kale, chopped 1 cup butternut squash puree	<i>-cook millet according to the package instructions</i> <i>-add turmeric powder, chopped kale and butternut squash puree</i> <i>-stir well to combine and cook for additional 5 minutes</i>	Calories: 493 Protein: 16 Carbs: 101 Fats: 5 Sodium: 1036 mg

NUTRITION BREAKDOWN
Calories: 1063
Protein: 38
Carbs: 214
Fats: 13
Sodium: 2620 mg

freemealplandownload.com

DAY 5

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 grams amaranth 1 peach ½ apple 1 tbsp. maple syrup 1 tbsp. chopped almonds	<i>-rinse amaranth well</i> <i>-cook it according to the package instructions</i> <i>-when amaranth porridge is done, combine it with maple syrup and apple</i> <i>-pour it in a bowl, garnish with chopped peach and almonds</i> <i>-serve</i>	Calories: 450 Protein: 10 Carbs: 88 Fats: 8 Sodium: 7 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams lentils 1 carrot, shredded 1 stalk green onion dill, finely chopped salt 1 zucchini, cut in halves 1 tbsp. olive oil	<i>-cook lentils</i> <i>-heat oven to 300 degrees F</i> <i>-cut zucchini in halves and remove seeds to get 2 zucchini boats</i> <i>-combine lentils, zucchini seeds, vegetables, dill, salt and oil</i> <i>-fill zucchini boats with that mix and put in the oven for 20 minutes</i>	Calories: 553 Protein: 28 Carbs: 81 Fats: 16 Sodium: 1045 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 grams rice 50 grams tempeh, cut in bite size pieces 1 clove garlic, chopped 1 stalk green onion, chopped 1 tsp. olive oil 50 grams shitake mushrooms, sliced 100 grams carrots, shredded ¼ onion, sliced	<p style="text-align: center;"><i>-cook rice</i></p> <p><i>-heat oil in a wok skillet over medium heat</i></p> <p><i>-stir fry tempeh for 3 minutes each side, add garlic, onion, green onion, mushrooms and carrot</i></p> <p><i>-stir fry for 3 minutes</i></p> <p><i>-add rice and combine well</i></p> <p style="text-align: center;"><i>-serve</i></p>	<p>Calories: 387</p> <p>Protein: 15</p> <p>Carbs: 38</p> <p>Fats: 12</p> <p>Sodium: 1058 mg</p>

NUTRITION BREAKDOWN
<p>Calories: 1390</p> <p>Protein: 53</p> <p>Carbs: 207</p> <p>Fats: 36</p> <p>Sodium: 2167 mg</p>

freemealplan.com

DAY 6

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
50 grams millet 1 tbsp. maple syrup ½ apple ½ tsp. cinnamon 1 tbsp. hazelnuts, chopped	<i>-cook millet to get porridge -add apple and cook for additional 5 minutes -season with maple syrup, cinnamon and garnish with hazelnuts</i>	Calories: 349 Protein: 8 Carbs: 65 Fats: 7 Sodium: 7 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
3 cups unsalted vegetable broth parsley leaves 100 grams carrots, shredded 100 grams leek, sliced 100 grams oats (not rolled oats) 1 tbsp. soya sauce	<i>-cook oats -simmer the broth, add vegetables and season with soy sauce and parsley -cook for 10 minutes, then add cooked oats and serve the soup</i>	Calories: 302 Protein: 11 Carbs: 54 Fats: 4 Sodium: 992 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams lentils 1 stalk green onion 200 grams butternut squash, diced 1 cabbage slice Salt 1 tbsp. olive oil	<i>-cook lentils until soft, but not mushy -rinse lentils and season with oil and salt. Add chopped green onion -steam cabbage slice and butternut squash -serve lentils next to the vegetables</i>	Calories: 675 Protein: 29 Carbs: 114 Fats: 15 Sodium: 1151 mg

NUTRITION BREAKDOWN
Calories: 1326
Protein: 233
Carbs: 48
Fats: 26
Sodium: 2150 mg

freemealplandownload.com

DAY 7

BREAKFAST

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
3 tbsp. wheat flakes 3 tbsp. nuts and dry fruit mix 2,5 dl water 1 tbsp. chia seeds 1 tbsp. honey	<i>-pour water over your cereal and nuts & fruit mix, add chia seeds, honey and let it soak for 30 minutes (best if you prepare it night before and leave it in the refrigerator overnight)</i>	Calories: 357 Protein: 9 Carbs: 60 Fats: 8 Sodium: 526 mg

LUNCH

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
150 grams tofu, cut in bite size pieces 200 grams broccoli, chopped 20 grams shitake mushrooms 1 tsp. olive oil 1 tsp. sesame seeds salt	<i>-heat oil in a wok pan over medium heat -stir fry tofu for 5 minutes, add broccoli florets and stir fry for 2 minutes - add mushrooms and stir fry for additional 2 minutes -season with sesame seeds and serve</i>	Calories: 267 Protein: 19 Carbs: 17 Fats: 13 Sodium: 1084 mg

DINNER

INGREDIENTS <i>1 serving</i>	PREPARATION	NUTRITION INFO
100 grams whole grain rice 200 grams kale 1 tsp. miso 1 tsp. rice vinegar 2 tbsp. water salt	<p style="text-align: center;"> <i>-cook rice</i> <i>-meanwhile, steam kale</i> <i>-in a small bowl, combine miso,</i> <i>vinegar and water-serve steamed kale,</i> <i>pour miso dressing over it</i> <i>-serve rice next to kale</i> </p>	<p style="text-align: center;"> Calories: 444 Protein: 14 Carbs: 90 Fats: 3 Sodium: 1002 mg </p>

NUTRITION BREAKDOWN
<p style="text-align: center;"> Calories: 1068 Protein: 42 Carbs: 167 Fats: 24 Sodium: 2612 mg </p>

freemealplandownload.com